

*"The summer night is like a perfection of thought."
-Wallace Stevens*

June 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Stay cool in the heat of the summer

As temperatures outside rise, it is extremely important to find ways to stay cool. Aging adults are more likely to become dehydrated, which increases their risk of overheating. Here are some ways to keep cool this summer.

Drink plenty of water.

Drink cold water throughout the day. Don't wait until you're thirsty to drink something. Dehydration can lead to feeling faint, nauseous and dizzy.

Close curtains and blinds.

Many people underestimate how much the sun shining through the windows can heat up a space. By closing curtains and blinds, you can significantly cool down your living area.

Wear light clothing.

Choosing to wear clothing that is lightweight and light in color is the best option for the summer heat. Dark colors absorb the heat and can make you warmer than normal.

Stay indoors.

As much as you want to spend some time in the sun after being cooped up all winter, it is important to stay indoors on hotter days. If you want to get outside, limit yourself to going outdoors in the early morning or evening to avoid the hottest parts of the day. If you do go outdoors, make sure to wear sunscreen and a hat to keep from burning.

Consider lighter, colder foods.

Salads, cold sandwiches, fruits and veggies are ideal choices for a hot summer day. Melons, cucumbers and berries, along with other foods higher in water content, help keep you hydrated.

Staying cool and hydrated in the heat of summer is key to keeping healthy all summer long.

JUNE BIRTHDAYS

June 6: Shirley D. June 15: Ron S.
June 7: Lynette J. June 23: John P.
June 8: Paul N. June 29: Mary Jo M.

WELCOME NEW RESIDENTS!

Audrey M. Lenny Q.
Mary M. Dorothy S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

ASSISTANT ADMINISTRATOR:

Amber Kendall, (402) 682-4217

DIRECTOR OF TRANSITION SERVICES:

Angie Wallace, (402) 682-4250

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

DIRECTOR OF ENVIRONMENTAL SERVICES:

Alan Baker, (402) 682-4235

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!



JUNE HIGHLIGHTS

June 7: Magnolia Movie Outing
June 13: Entertainment – Easy Livin'
June 21: Baseball Outing
June 23: Merrymakers Presents Joe Taylor
June 27: Entertainment – Kim Eames

WORSHIP SERVICES

Catholic Communion

Second, Third and Fourth Wednesday,

6:30 p.m., Chapel

Catholic Mass

First Wednesday, 10 a.m.

Non-Denominational Services with Pastor Jerry

Mondays, 9:30/10 a.m., Magnolia

Tuesdays, 1:15 p.m., Chapel

Thursdays, 11 a.m., Chapel

Hymns & Prayers with Pastor Bob

Second and Fourth Saturdays, 11 a.m.

Amber's Angle



I am so pleased to announce our Team Member of the Month is LaTonya Bennett!

LaTonya has been with Hillcrest for four years, and she is such a valuable member of our team. LaTonya works in our Culinary Call Center. Our guests

and residents know her by her cheerful voice and positive attitude. She is always willing to help others and comes in every day with a smile on her face.

LaTonya is originally from Texas and has family in both Nebraska and Texas. She enjoys training and helping others learn new things.

LaTonya said she would advise others to "always be a team player, always smile and have a positive attitude."

Thank you so much for all you do every day, LaTonya!

-Amber Kendall, Assistant Administrator



RESIDENTS IN ACTION

Summer is upon us! Everyone is looking forward to busting out of the community and enjoying some sunshine. This month, we plan to take a walk through the zoo or through a park with ice cream in hand. We all can't wait to hear the crack of the bat at the ballpark

during our baseball outing. Residents are the driving force of all of the activities we plan. We can't wait to see everyone enjoying the fresh air and summer breeze this June.

-Mary Johnson, Director of Recreation



Magnolia residents play Wheel of Fortune.



Ruth hugs a chick.



Doris poses for a photo with a chick.



Kum pets a chick from Scatter Joy Acres.



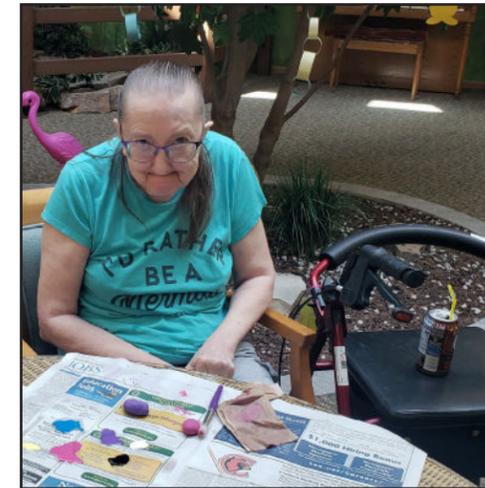
Elaine enjoys the fresh air in the garden.

A MONTH IN REVIEW

April showers really do bring May flowers! Residents made flower seed bombs for Earth Day. Then they planted the seeds in the garden. Everyone is checking on them frequently to watch them grow. Speaking of gardens, residents decorated our gardens

with painted rocks. Residents had a wonderful time socializing and showing off their creativity during this project. We also had some chicks visit from Scatter Joy Acres.

-Mary Johnson, Director of Recreation



Glamorous Gardens

Top Left: Connie is proud of the rocks she painted.

Top Right: Jan works on her seed bombs.

Above: Lou prepares seed bombs for planting.

Center: Mary shows off her rocks.

Center Right: Residents paint many colorful rocks to decorate the garden.

Right: Ruth and Rebecca plant seed bombs in the garden.

